

TRICARE BENEFICIARY BULLETIN – APRIL 13, 2012 – 671 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M LORRAINE CWIEKA. (:10)

ELIGIBLE TRICARE BENEFICIARIES CAN USE THE MILCONNECT PORTAL TO ACCESS INFORMATION ON HEALTH CARE ELIGIBILITY, PERSONNEL INFORMATION, UNIFORMED SERVICES IDENTIFICATION CARDS AND OTHER BENEFITS INCLUDING SERVICE MEMBERS' GROUP LIFE INSURANCE.

TO ACCESS THE MILCONNECT PORTAL, BENEFICIARIES CAN LOG ON TO MILCONNECT'S SECURE SITE USING A COMMON ACCESS CARD, DFAS USER NAME AND PASSWORD OR A DEFENSE DEPARTMENT SELF-SERVICE LOGON. TO REQUEST A DS LOGON, YOU CAN VISIT A TRICARE SERVICE CENTER OR A VETERANS AFFAIRS REGIONAL OFFICE TO COMPLETE THE REQUIRED IN-PERSON PROOFING

PROCESS. IF YOU NEED A NEW UNIFORMED SERVICES IDENTIFICATION CARD, YOU CAN VISIT AN ID-ISSUING FACILITY AND REQUEST A DS LOGON AT THE SAME TIME. BENEFICIARIES CAN ACCESS THE MILCONNECT PORTAL AT [MILCONNECT.DMDC.MIL](https://milconnect.dmdc.mil) .

ONCE YOU HAVE LOGGED IN TO THE SITE, YOU CAN UPDATE YOUR CONTACT INFORMATION IN DEERS, TRANSFER YOUR POST-9/11 G.I. BILL BENEFITS AND VIEW YOUR MEDICAL, DENTAL AND PHARMACY COVERAGE.

TRICARE ALSO WANTS TO REMIND YOU TO KEEP YOUR DEERS RECORD UP TO DATE! THIS HELPS MAKE SURE THAT YOU CAN ACCESS TRICARE BENEFITS—including DOCTORS' APPOINTMENTS, MEDICATIONS AND REIMBURSEMENTS—WHEN YOU NEED TO.

IT IS IMPORTANT TO CHECK YOUR DEERS INFORMATION ESPECIALLY WHEN YOU HAVE A LIFE-CHANGING EVENT SUCH AS MOVING, GETTING MARRIED, GETTING DIVORCED OR HAVING A CHILD. ONLY SPONSORS, OR SPONSOR-APPOINTED INDIVIDUALS WITH VALID POWER OF ATTORNEY, CAN ADD OR DELETE FAMILY MEMBERS.

THESE UPDATES MUST BE MADE IN PERSON AT THE NEAREST ID
CARD-ISSUING FACILITY. TO FIND A LOCATION, VISIT
DMDC.OSD.MIL/RSL.

NEXT: ANNEMARIE FELICIO REPORTS ON TRICARE IS ADDRESSING
CHILDHOOD OBESITY.

A GROWING HEALTH PROBLEM FOR MILITARY CHILDREN AND FOR
ALL CHILDREN IN AMERICA IS THE INCREASING RATE OF
CHILDHOOD OBESITY. TODAY, NEARLY ONE IN THREE CHILDREN
AND ADOLESCENTS IN AMERICA ARE OVERWEIGHT OR OBESE.

CHILDHOOD OBESITY HAS SERIOUS CONSEQUENCES AS OBESE
CHILDREN HAVE GREATER RISK OF HIGH BLOOD PRESSURE,
INCREASED CHOLESTEROL LEVELS AND ELEVATED BLOOD SUGARS.
THESE ARE RISK FACTORS FOR TYPE-2 DIABETES AND
UNADDRESSED WEIGHT ISSUES AT AN EARLY AGE OFTEN FOLLOW
CHILDREN THROUGHOUT THEIR LIVES.

CHILDREN'S FOOD CHOICES ARE DEPENDENT ON WHAT IS

AVAILABLE TO THEM. YOU CAN ENCOURAGE HEALTHY LIFESTYLES IN YOUR CHILDREN IF YOU LIMIT FOOD SIZES, LIMIT SCREEN TIME TO ONE OR TWO HOURS A DAY, PROVIDE PLENTY OF FRUITS AND VEGETABLES AT MEALS, MINIMIZE THE AMOUNT OF SNACK FOODS YOUR KIDS EAT DAILY AND SERVE WATER INSTEAD OF SUGARY DRINKS. PLAN REGULARLY SCHEDULED MEALS AND EAT TOGETHER.

CHILDREN WHO GET THE RECOMMENDED 60 MINUTES OF PHYSICAL ACTIVITY A DAY ARE MORE LIKELY TO SEE AN IMPROVEMENT IN THEIR OVERALL HEALTH. THIS HELPS CONTROL WEIGHT, BUILD MUSCLE, REDUCE FAT, PROMOTE STRONG BONES AND DECREASE THE RISK OF OBESITY.

YOU CAN CHOOSE TO BE AN EXAMPLE FOR YOUR CHILDREN BY LEADING A HEALTHY LIFESTYLE. ALSO, TALK TO COMMUNITY LEADERS, PRINCIPALS AND TEACHERS ABOUT THE IMPORTANCE OF PROVIDING QUALITY NUTRITION, PHYSICAL ACTIVITY AND HEALTH EDUCATION.

LEARN MORE ABOUT OUTDOOR ACTIVITIES AND HEALTHY EATING

OPTIONS AT LETSMOVE.GOV. TRICARE OFFERS INFORMATION ON
HOW TO GET FIT AND HEALTHY LIVING ARTICLES AT
TRICARE.MIL/HEALTHYLIVING.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

FINALLY: ANNEMARIE FELICIO REPORTS ON THE TRICARE YOUNG
ADULT OPTION.

TRICARE BENEFICIARIES GRADUATING FROM COLLEGE THIS YEAR
MAY NOT HAVE TO RELY ON THE CONTINUED HEALTH CARE
BENEFIT PLAN OR CHCBP AS THEIR ONLY HEALTH CARE PLAN
OPTION.

YOU MAY WANT TO CONSIDER PURCHASING TRICARE YOUNG
ADULT INSTEAD. TRICARE YOUNG ADULT OFFERS TRICARE
STANDARD OR TRICARE PRIME COVERAGE TO QUALIFIED
UNIFORMED SERVICES DEPENDENTS UNDER AGE 26. MONTHLY
PREMIUMS FOR BOTH PROGRAMS CAN BE FOUND AT
TRICARE.MIL/COSTS.

CHCBP IS A SEPARATE PROGRAM THAT OFFERS TEMPORARY
TRANSITIONAL HEALTH COVERAGE FOR 18 TO 36 MONTHS AFTER
ALL TRICARE ELIGIBILITY ENDS.

TO PURCHASE TRICARE YOUNG ADULT, A BENEFICIARY MUST BE
UNDER 26, UNMARRIED AND NOT ELIGIBLE FOR THEIR OWN
EMPLOYER-SPONSORED HEALTH CARE COVERAGE.

BENEFICIARIES CAN GET COMPLETE INFORMATION ABOUT TRICARE
YOUNG ADULT AND APPLICATION FORMS AT TRICARE.MIL/TYA. THE
APPLICATION AND THREE MONTHS PREMIUMS CAN BE DROPPED OFF
AT A TRICARE SERVICE CENTER, OR MAILED OR FAXED TO THE
REGIONAL OR OVERSEAS HEALTH CARE CONTRACTOR.

FOR MORE INFORMATION ON CHCBP GO TO TRICARE.MIL/CHCBP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)